

# ALL-STAR ATHLETICS & GYMNASTICS

|  | <u>MON</u>                | <u>TUES</u>                     | <u>WED</u>  | <u>THURS</u>                   | <u>FRI</u>   | <u>SAT</u>   |
|--|---------------------------|---------------------------------|---|--------------------------------|--|--|
| <b>My Grown Up &amp; Me</b><br>(Ages 18 mo. – 3 years)   |                           | 11:00–11:45am                   |   |                                |  | 8:30 – 9:15am  |
| <b>PreK &amp; KinderGym</b><br>(Ages 3-6)  | 4:15–5:00pm               | Noon-12:45                      |   | 5:00–5:45pm                    |  | 9:15 –10:00am<br>10:15– 11:00am<br>3:00-3:45 pm  |
| <b>Adapted Gymnastics</b><br>For Children With Special Needs   | WE OFFER<br>SUMMER CAMPS! |                                 |   |                                |  | <b>8 &amp; under:</b><br>4:00 – 4:45pm<br><b>9 &amp; Over:</b><br>4:00 – 4:45pm  |
| <b>GYMNASTICS</b><br>Beginner (L1)<br><br>Advanced Beginner*<br><small>* evaluation required for ADV BEGINNER</small>                    | 5:00-6:00pm               | 1:00-2:00pm                     | 5:30-6:30pm<br>6:30-7:30pm                              | 4:00–5:00pm                    | 5:15 - 6:15pm<br><br>4:30 – 5:30pm*                                      | 9:15-10:15am<br>1:15 – 2:15pm<br><br>12:15 -1:15pm*  |
| <b>GYMNASTICS</b><br>Intermediate (L2)<br><br>Intermediate (L3/4)<br><small>* 2x per week recommended for<br/>Intermediate L3/L4</small> |                           |                                 | 5:15-6:30pm<br><br>4:00-5:30pm                          | 5:45-7:00pm<br><br>7:00-8:30pm | 6:15-7:30pm  | 10:15-11:30am<br><br>11:30-1:00pm  |
| <b>TUMBLING</b><br><br>Beginner<br><br>Intermediate<br><br>Advanced  |                           |                                 | 7:30 – 8:15pm<br><br>7:30 – 8:15pm<br><br>8:15 – 9:00pm |                                | 4:30 – 5:15pm  | 2:15 – 3:00pm<br><br>11:30–12:15pm   |
| <b>OPEN GYM</b><br>Waiver Required*No Pre-Registration<br>Walk-Ins Welcome!  |                           | 9:30-11:00am<br>(\$8; Ages 2-6) |   |                                | 12:30– 2pm<br>(\$8; Ages 2-6)<br><br>7:30–9:30pm<br>\$10; Ages 7-17      | <b>SUPER SAURDAY!</b><br>7:00 – 9:00pm<br>(\$12; ages 7 -17)<br>OPEN GYM, GAMES,<br>SNACK & DRINK<br><b>EVERY OTHER WEEK<br/>BEGINS 9/8/2018</b> |
| <b>Boys FLIP!</b><br>Tumbling, Strength & Agility<br>(Ages 5-9)<br><small>*Boys ages 10 &amp; up call for info!</small>                  |                           |                                 | 6:30–7:30pm   |                                |  | 1:15 – 2:15pm  |
| <b>HOMESCHOOL<br/>FIT &amp; FLIP</b>   |                           |                                 |   |                                | 11:15– 12:30pm<br>(Grades 2-8)<br><small>CALL FOR SESSION DATES!</small> |  |
| <b>WEEKLY OPEN GYM * PRIVATE LESSONS * SUPER SATURDAY! * BIRTHDAY PARTIES * FIELD TRIPS * CLINICS</b>                                    |                           |                                 |   |                                |  |  |
| <b>USAG J.O. &amp; XCEL * COMPETITIVE GYMNASTICS * WPIAL</b>   |                           |                                 |   |                                |  |  |

SEMESTER ONE: 8/22/18 - 11/19/18 \* Scheduled Off Days = 8/31/18 thru 9/3/18, 10/31/18 thru 11/1/18 AND 11/20/18 thru 11/25/18

SEMESTER TWO: 11/26/18 - 3/3/19 \* Scheduled Off Days = 12/21/18 thru 1/3/19

SEMESTER THREE: 3/4/19 - 6/3/19 \* Scheduled Off Days = 4/18/19 thru 4/24/19 and 5/27/19

\*NOTE: SEMESTER OFF DAYS ARE SCHEDULED HOLIDAYS AND DO NOT AFFECT 12-WEEK SEMESTER

**Ongoing Registration ★ Free Trial Lessons Available**

**412.788.2100**

[www.allstarathleticsandgym.com](http://www.allstarathleticsandgym.com)



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|--|---|-------------|---|----------------|------------|---|
| <b>YOGA</b>  | INTERESTED IN TAKING A CLASS OR PRIVATE LESSON? LET US KNOW!<br>SESSION DATES TBA |             |   |                |            |   |
| <b>ADULT GYMNASTICS</b><br>All Levels of Experience Welcome!<br>(Ages 18 – 99)   |   |             | CALL US FOR AVAILABILITY!   |                |            |   |
| <b>HIP HOP FITNESS</b><br>Combine DANCE and CARDIO for a great workout!<br>NO Dance Experience Needed!   |   |             | Ages 6-10<br>4:30 – 5:15pm<br><br>Adults 18 & Up<br>8:00 – 9:00pm |                |            |   |
| <b>BABY &amp; ME FITNESS</b><br>Bond with Baby while buiding strength, flexibility & cardio<br>TOWEL, SNEAKERS, BABY SLING   |   |             |   | 9:00 – 10:00am |            |   |
| <b>DANCE FOR GYMNASTS</b><br>Learn and improve DANCE, LEAPS, JUMPS and TURNS for gymnastics & a great way to get ready for TEAM!   |   |             | 6:00 – 6:30pm (L1)<br><br>6:30 – 7:00pm (L2)                      |                |            | 1:00 – 1:30pm (L3/4)  |
| <b>BIRTHDAY PARTIES</b><br>Celebrate With Us!  |   |             |   |                |            | CELEBRATE WITH US! CALL TO SCHEDULE YOUR EVENT!<br><br>SAT 5:00 -7:00pm<br>SUN Noon – 2pm |
| <b>NEW PROGRAM! NINJA KIDS</b><br>Improve overall athleticism! Gymnastics-based NINJA workout includes climbing, balancing, obstacle courses and exercises that increase agility, strength, balance, and flexibility. Excellent workout for young athletes in youth sports!<br>(Coed Class: Ages 7-11) |   |             |   |                |            | 6:00 – 7:00pm<br>(6 weeks sessions)   |

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